The Academy of the Sword Abridged

A practical guide to Destreza rapier fencing

with instruction and illustration arranged side by side

Andrew Pham

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About this work

This book features a concise summary of Gérard Thibault d'Anvers’s rapier manual, *Academie de l'Espée* *(Academy of the Sword)*, with focus on practical fencing techniques and featuring plate illustrations from the original treatise. *Academy of the Sword* was said to be “generally acknowledged as the most lavish and artistically accomplished fencing books ever produced” by Donald J. LaRocca who published a book of the same name featuring illustrations from numerous fencing books with the Metropolitan Museum of Art. Thibault was a master from the Spanish Destreza school of fencing (also known as La Verdadera Destreza or “The True Skill” in English). *Academy of the Sword’s* unparalleled illustrations make it an amazing source to learn the Destreza style of fencing; however, the original treatise swells to well over 400 pages covering multiple topics such as geometry, philosophy, physics, and religion. Thus, the Destreza style came to be defined by nobles who had the background and means to embody renaissance values. While this approach could be seen as holistic, in this abridged version we hope to extract the specifics of the sophisticated Destreza fencing technique as described by Thibault.

1 Human Body proportions

Human proportions dictate the standard measures of technique. Humans are naturally adapted to attack and defend uniquely among animals. We have no primary weapons besides our ability to reason. Our other advantages include balance and hand eye coordination. Other styles of fencing, namely French and Italian, utilize strange postures. Since these postures are not the natural position of ordinary standing and walking, they are ineffective in utilizing human anatomy to their advantage. Unnatural stances are therefore less powerful and inconvenient. The circle we propose to use in this book for our exercises has the circumference of a man standing upright with arm stretched above his head, this measurement is taken from the soles of the feet to the tips of the fingers.

(Thibault then goes into extensive detail on the parts of the circle and how to draw it on the ground in this part of his original work. I think the diagrams suffices but it’s included in this section of Thibault’s original work if you must reference it.)

Circle N. 1: Proportions of man in relation to circle

Circle N. 2: Names of the lines

Circle N. 3: Natural pace of ordinary walking within the circle

Circle N. 4: TODO SOMETHING ABOUT ENEMY APPROACHING ENEMY AT ANGLE

Circle N. 5: Relating the circle to human movements to recognize time and reach. The circle’s text dictates three ranges: at the outermost range one may use the entire arms motion to attack, the middle text dictates the range where one may only move the elbow to attack, and the smallest circle of text dictates the range where one may only move the wrist. At the furthest range one man turn and swing the entire arm to attack, one would have the advantage of natural movement advancing in this way. At the middle and close range, we must not take a full swing because we are exposed to danger from the opponent. We don’t have enough time to take a full swing at the middle and close ranges. Hitting the opponent from the middle range only requires about a foot of length so we cannot move our hand out of line and thus no greater movement than that from the elbow is allowed. At close range a small lean would complete an attack and therefore we will not make any movements that takes our sword out of line, only movements from the wrist alone.

This circle is the cornerstone of our technique.

proper sword length

When the sword is set on the ground tip down between ones two feet, the quillons should come to the height of the naval as seen in Circle N. 1.

Figure A: The length of the sword is convenient to carry.

Figure B: The length of the sword is convenient to draw.

Figure C: Drawing the sword, this will be covered in depth later.

Figure D: The height of the sword, being the radius of our circle, is also equal to distance between naval and outstretched arm.

Figure E: With sword extended perpendicular to the ground, the shoulder to the point of the sword is equal to the height of the person.

Figure F: Standing in profile with the sword outstretched in a straight line has the furthest reach.

Figures G and H: We can shorten the sword while fighting in narrow areas by anchoring our sword against our hip. If an enemy charges to get past the point of the sword we can stop him with our opposite arm or leg.

Figure I: The length of one’s sword is the same length as the furthest step the person can take.

Figure K: If the sword is held with arm fully extended against the ground, the tip will rest on the circumference of our circle.

The 12 parts of the Blade

The blade is divided into 12 equal parts. We have the weakest leverage at the tip of the blade, and the strongest leverage at the hilt of the blade. The tip half of the blade is called the foible (weak) and the hilt half of the blade is called the forte (strong). We label 1 at the tip of the blade as it has the lowest power and 12 at the hilt where it has the most power. To apply more force to the enemy’s sword, we want to bring the point of contact from to the strong side of our sword and the weak side of their sword. Keep in mind that a sword making contact at position 4 can immediately reinforce to position 12 while a sword at position 7 does not have the ability to make the same great change in power at an instant. TODO SOMETHING ABOUT PROPORTIONS OF POWER ALLONG THE NUMBERING SYSTEM PAGE 45.

Holding the sword

The grip described here differs greatly to what is common. The index finger goes on the hilt over the outside arm around the heel of the blade. The thumb goes on the inside arm of the hilt opposite to the index finger. Fingers are held tightly around the grip with the pommel against the inside of the wrist. Quillons are positioned horizontally.

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Andrew Pham is a casual practitioner of Historical European Martial Arts, Aikido, and modern sport fencing. He is studying for a Master of Liberal Arts degree from Harvard University and works professionally as an officer in the US Space Force.

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